

**What is claim d is:**

1. A method comprising:  
notifying a patient that has a programmable medical device of initiation of a telemetry session with the programmable medical device; and  
initiating the telemetry session in response to a patient action following the notification of the patient.
2. The method of claim 1, wherein the telemetry session comprises an interrogation session to extract data from the medical device.
3. The method of claim 1, wherein the telemetry session comprises a programming session to update one or more operating parameters of the medical device.
4. The method of claim 1, wherein notifying the patient comprises notifying the patient of initiation of a remote telemetry session with the programmable medical device.
5. The method of claim 1, further comprising:  
generating an electronic notification to inform the patient of initiation of the telemetry session;  
sending the electronic notification to a notification device; and  
conveying the notification to the patient via the notification device.
6. The method of claim 5, wherein the notification device comprises one of the programmable medical device, a mobile phone, a pager, a personal digital assistant, a remote patient programmer, a remote patient monitor, a handheld programmer, a laptop computer, a desktop computer, a workstation, a telephone, and a web camera.

7. The method of claim 1, wherein notifying the patient comprises one of electrically stimulating tissue adjacent the programmable medical device, sounding an audible notification, displaying a visual notification, and emitting a fragrance.

8. The method of claim 1, wherein notifying the patient comprises one or notifying the patient via postal mail, and notifying the patient in person.

9. The method of claim 1, further comprising:  
detecting performance of the patient action; and  
sending a response to the notification upon detecting the patient action.

10. The method of claim 9, wherein detecting performance of the patient action comprises receiving input from the patient via an input medium of a response device.

11. The method of claim 9, wherein the response device comprises one of a mobile phone, a personal digital assistant, a remote patient programmer, a remote patient monitor, a handheld programmer, a laptop computer, a desktop computer, a workstation, a telephone, the programmable medical device, and a web camera.

12. The method of claim 9, wherein detecting performance of the patient action comprises sensing one or more parameters to detect a physical action performed by the patient.

13. The method of claim 12, wherein the physical action comprises one of holding breath for a specified period of time, breathing in a specified pattern for a specified period of time, tapping the medical device, tapping skin covering an implantable medical device, changing position of a body of the patient, shining a light on skin covering the medical device, swiping a

magnet over the medical device, holding an antenna over the medical device, and turning on remote programmer.

14. The method of claim 1, wherein the programmable medical device comprises an implantable programmable medical device.

15. The method of claim 14, wherein the implantable programmable medical device comprises one of a pacemaker, an implantable cardioverter/defibrillator (ICD), a pacemaker/cardioverter/defibrillator (PCD), an implantable cardiac hemodynamic monitor, a subcutaneous, non-intravascular monitor, a neurostimulation device, and a drug delivery device.

16. The method of claim 1, wherein the programmable medical device comprises an external programmable medical device.

17. A system comprising:  
a programmable medical device that performs at least one of diagnosing a patient, monitoring the patient, and delivering therapy to the patient; and  
a notification device that notifies the patient of initiation of a telemetry session with the programmable medical device.

18. The system of claim 17, wherein the telemetry session comprises an interrogation session to extract data from the medical device.

19. The system of claim 17, wherein the telemetry session comprises a programming session to update one or more operating parameters of the medical device.

20. The system of claim 19, further comprising a programmer that initiates the programming session with the programmable medical device in response to a patient action.

21. The system of claim 20, further comprising a remote telemetry station that communicates with the clinician programmer to initiate a remote programming session in response to the patient action.

22. The system of claim 17, further comprising a communication device that generates an electronic notification to inform the patient of initiation of the telemetry session and sends the notification to the notification device.

23. The system of claim 17, wherein the patient interacts with the notification device to respond to the notification.

24. The system of claim 17, wherein the notification device notifies the patient of initiation of the telemetry session via one of electrically stimulating tissue adjacent the programmable medical device, sounding an audible notification, displaying a visual notification, emitting a fragrance, and vibrating the notification device.

25. The system of claim 17, further comprising a response device with which the patient interacts to respond to the notification.

26. The system of claim 25, wherein the response device detects performance of a patient action and sends a response to the notification device upon detecting the patient action.

27. The system of claim 26, wherein the response device further comprises an input medium via which the patient interacts with the response device, wherein the patient interacts with the input medium in response to receiving the notification.

28. The system of claim 27, wherein the input medium comprises one of a keyboard, a keypad, a stylus, a mouse, a button, a touch screen, a card reader, a biometric reader, and a voice recognition device.

29. The system of claim 26, wherein the response device comprises at least one sensor that detects a physical action performed by the patient.

30. The system of claim 29, wherein the sensor comprises one of a blood oxygenation sensor, an accelerometer, and an optical sensor.

31. The system of claim 29, wherein the physical action comprises one of holding breath for a specified period of time, breathing in a specified pattern for a specified period of time, tapping the medical device, tapping skin covering an implantable medical device, changing position of a body of the patient, shining a light on skin covering the medical device, swiping a magnet over the medical device, holding an antenna over the medical device, and turning on remote programmer.

32. The system of claim 25, wherein the response device comprises one of the programmable medical device, a mobile phone, a personal digital assistant, a remote patient programmer, a handheld programmer, a laptop computer, a desktop computer, a workstation, a telephone, and a web camera.

33. The system of claim 17, wherein the programmable medical device comprises an implantable programmable medical device.

34. The system of claim 33, wherein the implantable programmable medical device comprises one of a pacemaker, an implantable cardioverter/defibrillator (ICD), a pacemaker/cardioverter/defibrillator (PCD), an implantable cardiac hemodynamic monitor, a subcutaneous,

non-intravascular monitor, a neurostimulation device, and a drug delivery device.

35. The system of claim 17, wherein the programmable medical device comprises an external programmable medical device.

36. The system of claim 17, wherein the notification device comprises one of the programmable medical device, a mobile phone, a pager, a personal digital assistant, a remote patient programmer, a handheld programmer, a laptop computer, a desktop computer, a workstation, a telephone, and a web camera.

37. A system comprising:

means for notifying a patient that has a programmable medical device of initiation of a telemetry session with the programmable medical device; and

means for initiating the telemetry session in response to a patient action following the notification of the patient.

38. The system of claim 37, wherein the telemetry session comprises an interrogation session to extract data from the medical device.

39. The system of claim 37, wherein the telemetry session comprises a programming session to update one or more operating parameters of the medical device.

40. The system of claim 37, wherein the programmable medical device comprises one of an implantable programmable medical device and an external programmable medical device.

41. A notification device comprising:  
a communication unit that receives a notification of initiation of a telemetry session with a programmable medical device of a patient; and  
an output medium to convey the notification to the patient to inform the patient of initiation of the telemetry session with the programmable medical device.
42. The notification device of claim 41, wherein the telemetry session comprises an interrogation session to extract data from the medical device.
43. The notification device of claim 41, wherein the telemetry session comprises a programming session to update one or more operating parameters of the medical device.
44. The notification device of claim 41, further comprising an input medium via which the patient interacts to respond to the notification.
45. The notification device of claim 44, wherein the input medium comprises one of a keyboard, a keypad, a mouse, a stylus, a button, a touch screen, a card reader, a biometric reader, and a voice recognition device.
46. The notification device of claim 41, further comprising at least one sensor to detect a physical action performed by the patient in response to the notification.
47. The notification device of claim 41, wherein the output medium forms part of one of the programmable medical device, a remote patient programmer, a mobile phone, a pager, a personal digital assistant, a laptop computer, a desktop computer, a workstation, a telephone, and a web camera.

48. A method comprising:
- receiving an electronic notification of initiation of a telemetry session with a medical device of a patient;
  - conveying the electronic notification to the patient to inform the patient of initiation of the telemetry session with the programmable medical device; and
  - sending a response to the electronic notification upon receiving input from the patient.
49. The method of claim 48, wherein the telemetry session comprises an interrogation session to extract data from the medical device.
50. The method of claim 48, wherein the telemetry session comprises a programming session to update one or more operating parameters of the medical device.
51. The method of claim 48, wherein receiving input from the patient comprises detecting performance of a patient action.
52. The method of claim 48, wherein the patient action comprises one of holding breath for a specified period of time, breathing in a specified pattern for a specified period of time, tapping the medical device, tapping skin covering an implantable medical device, changing position of a body of the patient, shining a light on skin covering the medical device, swiping a magnet over the medical device, holding an antenna over the medical device, and turning on a remote programmer.
53. A method comprising sending an electronic notification to a patient that has a programmable medical device to notify the patient of initiation of a remote telemetry session with the programmable medical device.



54. The method of claim 53, wherein the telemetry session comprises an interrogation session to extract data from the medical device.

55. The method of claim 53, wherein the telemetry session comprises a programming session to update one or more operating parameters of the medical device.

56. The method of claim 53, further comprising:  
receiving a response from the patient indicating receipt of the electronic notification; and  
initiating the telemetry session upon receiving the response.

57. The method of claim 53, wherein the programmable medical device comprises one of an implantable programmable medical device and an external programmable medical device.

58. A programming device comprising:  
a notification generator that generates an electronic notification; and  
a communication unit that sends the electronic notification to a patient that has a programmable medical device to notify the patient of initiation of a programming session with the programmable medical device.

59. The programming device of claim 58, wherein the programming device receives a response to the electronic notification from the patient and initiates a programming session with the programmable medical device upon receiving the response from the patient.

60. The programming device of claim 59, wherein the programming session comprises a remote programming session.

61. The programming device of claim 58, further comprising an input medium via which a programming operator interacts with the programming device to generate the electronic notification.